

Lincoln Way West Baseball

Baseball Players,

I would like to invite you to our 16th annual holiday baseball camp. We will be holding this camp over winter break. The dates for this camp will be December 21st, & 22nd, & 23rd. The skills camp that we offer focuses on hitting, base running, and defensive fielding skills & throwing. We have our L-W West High School coaching staff leading large group teaching sessions; followed by small group breakout sessions where players can practice what they are learning. This camp is a two hour session each day.

We will also have a pitching camp and a catching camp, that is open to grades 1st-8th. These camps will feature large group teaching sessions on fundamental mechanics; followed by small group practice sessions and individual & video evaluations. Our pitching and catching are separate camps that last one and a half hours each day.

The goal of these camps is to teach all of the skills and fundamentals that we feel will help you become a better baseball player. This camp is a great way for you to get ready for your upcoming season. We encourage parents to come and see the type of routines that we use, so that they may take some of this back to their teams, or use with players at home.

We will have use of the entire Lincoln-Way West Field House. This will also give you a chance to see what great things are going on at Lincoln-Way West High School. If you have any questions feel free to give me a call at 815-717-3521, or send an email to jzajc@lw210.org, or call the LWW Athletic Office at 815-717-3524. I hope to see you in December.

WORK HARD. GIVE MORE.

BE PROUD TO BE A WARRIOR!

Sincerely,

Jake Zajc
Head Baseball Coach
Lincoln-Way West High School



B A S E B A L L

REGISTER BY MAIL

Please send registration and payment:

Lincoln-Way West Baseball

c/o Jake Zajc

21701 S. Gougar Rd.

New Lenox, IL 60451

REGISTERING ONLINE

- Go to: "lwwathletics.com" to sign up



B A S E B A L L

*PLEASE MAKE CHECKS PAYABLE TO
LINCOLN-WAY WEST HS*

Lincoln-Way



B A S E B A L L

2025 Winter Baseball Camps

December 21st, 22nd, & 23rd

LWW Field House

*Register online on our Lincoln-Way West
Athletics Website. lwwathletics.com*

Details on the back

Offensive & Defensive Skills Camp Agenda



Grades 1st- 4th
December 21-22-23
9:00-11:00am

Grades 5, 6, 7, 8th
December 21-22-23
1:45-3:45pm

- *Players will be divided into groups by grade levels for this camp.*

Day #1:

- Large group teaching stations on fundamentals of hitting, fielding and throwing.
- Small group practice stations & hitting competitions

Day #2:

- Large group teaching stations on bunting, base running, and fielding skills.
- Small group practice stations— focusing on specifics of hitting— including individual & video evaluations.



Day #3:

- Small group practice stations— completion of hitting drills and personal evaluations.
- Competitions utilizing skills learned.



The Lincoln-Way West coaching staff will be on hand for instruction and evaluations.

Pitching & Catching Camp Agenda



Grades 1st—8th
December 21-22-23
11:45-1:15pm

Players will be divided into groups by grade levels for this camp. These camps are at the same time but are separate from each other.

Day #1:

- Throwing Mechanics (pitchers & catchers)
- Pitchers—Wind-up & Stretch Mechanics
- LWW pitching/catching philosophy & program



Day #2:

- Discussion and breakdown of various pitching drills used in our program.
- Pitchers- Live throwing and personal evaluation using video analysis.
- *Catchers— Blocking, footwork drills, and personal evaluations.

Day #3:

- Pitchers- Live throwing and personal evaluation using video analysis.
- *Catchers— blocking & situational throwing drills; personal evaluations, catching bullpens

**Catchers— please bring your own gear if you have it. You could look into borrowing a set from your team to use during the camp.*



The Coaching Staff will show you the ins and outs of being an LWW pitcher & catcher; as well as some tips on how to improve your overall game.

Registration Form

Name _____ Grade _____

Address _____ Phone # _____

Emergency Contact Person _____ Emergency Contact Phone # _____

Parent Email: _____

Signature of Parent or Guardian

T-shirt size (adult sizes) S M L XL XXL
(youth) YS YM YL

Please Circle One: **Offensive & Defensive Skills Only- \$115** **Pitching Only- \$100** **Catching Only- \$100**

Offensive & Defensive Skills & Pitching—\$200 **Offensive & Defensive Skills & Catching- \$200**

I understand that an athletic camp carries with it certain risks. There is always a chance of injury. I hereby authorize the directors of the Lincoln-Way West Winter Camps to act for me according to their best judgment in any emergency requiring medical attention.

NOTE:

The school nurse and athletic trainers are not available for these winter programs.